		HSE MANAGEMENT SYSTEM HSE Training OSHA 29 CFR 1926.503(a)
FALL PROTECTION – COMPETENT PERSON		
91 Eagle Creek Ranch Blvd Floresville, Texas 78114	HEALTH, SAFETY AND ENVIRONMENT	Training Director: Chris Thuneman V.P. Operations: Kathy Thuneman

Program of Instruction

Course Syllabus

Course Title: FALL PROTECTION – COMPETENT PERSON

Course Duration: 8 hours

Program: Personnel Safety


Level of Training: Competent Person Training

“A competent person is defined by OSHA as a designated person with sufficient experience and/or knowledge to recognize fall hazards, correct unsafe conditions, and who has the ability to shut down the work site until any hazards are corrected. The competent person should be the most knowledgeable person, in this case about fall protection, on site.”

Who Should Attend: This course is for anyone that will be required to manage a safety program, or responsible to be the on-site competent person. Safety Managers, Safety Directors, On-site Managers, Supervisors, Section Leads, Responsible Persons. *Note: Participants in this class must be able to speak, read, and write in English in a proficient manner. If they are not able, they may not successfully complete the class.*

Course Description: This course is designed to train individuals who will be responsible for the immediate supervision, implementation, and monitoring of the managed fall protection program. The competent person is typically a supervisor, lead hand, manager, or foreman who is more experienced in fall protection as it relates to the work than the authorized person and is in a position of authority. The competent person often times is implementing, supervising, and monitoring the requirements of their employer’s fall protection program. The competent person is trained in the applicable fall protection regulations, standards, equipment and systems, and mandatory requirements for fall protection equipment and systems used by their employers.

The course covers how to conduct a fall hazard survey, how to identify, evaluate, and impose limits on workplace activities to control fall hazards exposures and swing falls, the role of the competent person in stopping work immediately when unsafe conditions or unsafe acts are identified, how to prepare, update, review and approve written fall protection procedures including anchorage locations, connecting means, body supports and other fall protection

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equipment, and how to develop and implement a rescue plan. The course also covers the role of the competent person in verifying that fall protection systems have been installed and inspected, verifying that authorized workers are trained and authorized to do so, establishing clearance requirements for each fall protection system, ensuring prompt rescue of authorized persons can be accomplished, participating in the investigation of all incidents related to falls from heights, removing from service all damaged components and periodically inspecting all fall protection equipment as required by the manufacturer and applicable regulations.

Course Requirements and/or Recommendations: Student should bring a copy of their Company Fall Protection Plan, (if one is not available a default plan will be provided), fall protection equipment including full body harness and lanyard, hard-hat, boots, gloves, safety vest, safety glasses, long pants and shirts as needed.

Certification: Upon successful course completion, including demonstration of skills competency on all learning stations and passing the required skills and written test, the student will receive a Competent Person Fall Protection course certificate, and wallet card valid for two years. (Students must score 80% or greater to pass).


Summary of Directions

Pre-Course Work: None

Course Work: This course meets or exceeds the requirements of OSHA 29 CFR 1926.503(a) for Fall Protection Training. It is intended for industrial and private construction teams, who in their normal course of duty would be responsible for providing competent persons in conducting the course of their work.

This course does not meet all of the requirements of EM 385-1-1 and thus is not intended for US Army Corp of Engineers owned or operated facilities.

Post-Course Work: None

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Course Content:

Module: 1

Title: Overview of Fall Protection and Prevention

Terminal Learning Objective:

At the conclusion of this module, the student will *apply* the laws, regulations and standards to fall protection requirements at the worksite.

Module: 2

Title: The Need for Fall Protection

Terminal Learning Objective:

At the conclusion of this module, the student will *determine when* fall protection requirements should be applied.

Module: 3

Title: Hazard Analysis

Terminal Learning Objective:

At the conclusion of this module, the student will *recognize, evaluate and control* fall hazards at the workplace.

Module: 4

Title: Fall prevention vs. Protection

Terminal Learning Objective:


At the conclusion of this module, the student will *determine* the appropriate fall prevention strategies and protection methods for work that is to be conducted.

Module: 5

Title: General Principles of Fall Protection

Terminal Learning Objective:

At the conclusion of this module, the student will *calculate* fall clearances and total fall distances, and *determine* how to minimize fall forces.

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Module: 6

Title: Personal Fall Arrest System (Hands-On Exercise)

Terminal Learning Objective:

At the conclusion of this module, the student will *inspect* the different types of fall protection equipment by their characteristics, be able to *don, doff, and work in* each type of fall protection equipment, and fit test, select, apply, and care for the equipment.

Module: 7

Title: Fall Protection on Aerial Lifts and Ladders

Terminal Learning Objective:

At the conclusion of this module, the student will *recognize* how to apply best practices of personal fall protection systems for aerial work platform equipment and ladders.

Module: 8

Title: Rescue

Terminal Learning Objective:

At the conclusion of this module, the student will *describe* procedures for the care of a fall victim, initiate a rescue response and how to execute self-rescue procedures for victims of a falls wearing fall protection equipment.

Module: 9

Title: Fall Hazard Task Evaluation

Terminal Learning Objective:

At the conclusion of this module, the student will *execute* a fall hazard evaluation.

Module: 10


Title: Subpart M (exercises)

Terminal Learning Objective:

At the conclusion of this module, the student will *demonstrate* their knowledge of the fall protection standards and conduct practical exercises using Support M of the OSHA Standard.

Module: 11

Title: Competent Person Inspection (Hands-on practicum)

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Terminal Learning Objective:

At the conclusion of this module, the student will be able to *inspect* the various fall protection equipment and devices, *conduct* site inspections and *verify* training of authorized workers.

Evaluation Strategy:

A written test and final practical incident are conducted at the completion of the course. In addition, several simulated evolutions and scenarios are used throughout the course.

References:

ANSI/ASSE Z359.2-2007 *Minimum Requirements for a Comprehensive Fall Protection Program*. American Society of Safety Engineers, Des Plaines, IL 2007.

International Powered Access Federation, *Statement of Best Practices of Personal Fall Protection Systems for Aerial Work Platform Equipment*, Schenectady, NY 2011.

US Army Corp of Engineers, *Fall Protection Program Guide*, March 2012.

Washington Industrial Safety and Health Division, *Fall Protection Responding to Emergencies*, Oregon, WA 2000.

U.S. Department of Labor, *Code of Federal Regulations: 29 CFR Parts 1926.500 to 503*. Washington, D.C., Office of the Federal Register, National Archives and Records Administration, 2017.

3M Fall Protection, *Fall Protection Program, Rescue Plan*, Red Wing MN, 2017

Miller by Honeywell, *Understanding the ANSI 359 Fall Protection Code*, 2015

International Safety Equipment Association, *Personal Fall Protection Equipment, Use and Selection Guide*, Arlington, VA 2015

OSHA, *Fall Protection in Construction, OSHA 3146-05R 2015*, Occupational Safety and Health Administration, 2015



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HSE MANAGEMENT SYSTEM

HSE Training

OSHA 29 CFR 1926.503(a)

FALL PROTECTION – COMPETENT PERSON

91 Eagle Creek Ranch Blvd
Floresville, Texas 78114

HEALTH, SAFETY AND
ENVIRONMENT

Training Director: Chris Thuneman
V.P. Operations: Kathy Thuneman

Course Schedule

Start Time: 08:00 to 17:00

Event	Duration
Orientation and Introductions	15 minutes
Module 1: Overview of Fall Protection and Prevention	30 minutes
Module 2: The Need for Fall Protection	30 minutes
Module 3: Hazard Analysis	45 minutes
Module 4: Fall Prevention vs Protection	30 minutes
Module 5: General Principles of Fall Protection	45 minutes
Module 6: Personal Fall Arrest System (Hands-on Exercise)	45 minutes
Lunch	60 minutes
Module 7: Fall Protection on Aerial Lifts and Ladders	30 minutes
Module 8: Rescue	1 hour
Module 9: Fall Hazard Task Evaluation	1 hour
Module 10: Subpart M (exercises)	30 minutes
Module 11: Competent Person Inspection (Hands-on practicum)	30 minutes
Final Exam	30 minutes
End of Day (grading and issue certificates of completion)	15 minutes